

whelmed and ultimately fail, as is common with conventional, non-personalized dietary plans.

[0026] In one embodiment, the program engine **105** can contain of a multitude of tables with values. These values can collectively represent ranges of physical, nutritional, fitness, interpersonal, and mental conditions that a participant may have. Participant metrics from the participant data engine **110** can determine what ranges a selected participant falls within. The conditions for the participant can then be ordered in an order of severity or other such ordering appropriate for the program. Early stages of the personalized wellness program can focus upon the detected conditions that are to be overcome. As conditions are overcome, the participant metrics can be updated and the program engine **105** can recalculate new conditions applicable to the program participant.

[0027] In a particular embodiment, the program engine **105** can utilize an expert system **125** to device personalized wellness programs. The expert system **125** can determine stages for a participant based upon probabilities that each stage would result in a desired state. These probabilities can be heuristically determined using a trained neural network. Of course, the expert system **125** is not limited to this approach, and any programmatic technique can be utilized. For example, a fuzzy logic engine can be utilized to determine present participant shortcomings and to suggest possible stages for the participant.

[0028] The coach engine **115** can manage the implementation and control of the various digital coaches utilized throughout the program. A digital coach being a personality designed to constantly engage participants. Data store **135** can contain presentation elements for digital coaches. Presentation elements can include such elements as animation, visual presentation, grammar and idiom, prosodic characteristics of synthetically generated speech, and the like. Data store **140** can include content and behavioral coach characteristics. That is, each digital coach can exhibit a unique coach-specific approach and/or coach-specific preferences in the same manner that each personal trainer, friend, or physiologist can convey different solutions to a person when presented with a problem. The behavioral characteristic of the selected digital coach can alter the specifics generated for a participant by the program engine **105**.

[0029] The tools **120** can include a multitude of different resources, automated and real, that can assist a participant within the wellness program. The tools **120** can include, but are not limited to, a program navigator **150**, a homeroom **152**, a college **154**, a nutrition lab **156**, a gym **158**, and/or a library **160**.

[0030] The program navigator **150** can provide a wellness program progression for a participant. That is, the program navigator **150** can present past program challenges that have been overcome, current challenges to be overcome, and provide guided requirements and/or milestones as well as test to assure these milestones have been met.

[0031] The homeroom **152** can be a virtual classroom where wellness participants can turn in assignments, receive guidance through a homeroom digital coach, and interact with other program participants assigned to the same homeroom **152**. In one embodiment, attendance at the homeroom **152** can be mandatory. Participants that fail to attend the

homeroom **152** at the designated times, fail to listen to the homeroom digital coach, and/or are truant in their homework assignments can be accessed penalties, can be suspended from the wellness program and/or can be expelled. Accordingly, the homeroom **152** can emphasize the seriousness of active participation within the wellness program in the same manner that classrooms and teachers ensure students provide an honest effort in scholastic endeavors.

[0032] The college **154** is a virtual environment designed to teach participants key concepts towards achieving self-actualization. Lessons in the classroom can emphasize the concepts of commitment, intention, fortitude, goals, successes, failures, social dynamics, and the like. Each of the lessons can be followed by a test, where a minimum score is required for progression. Continuous failure in the tests can result in penalties, participant suspension, and/or expulsion from the program.

[0033] The nutrition lab **156** can be virtual environment representing a food lab. Visually, the nutrition lab **156** can include graphical decorations showing the food pyramid, food groups, caloric tables for various foods, and the like. The nutrition lab **156** can be used to teach participants about the science of foods, eating habits, nutritional affects on the body, diseases associated with poor nutrition, and the like. Like the college **154**, various tests can be administered after lessons have been provided. A minimum test score can be required for progression within the program.

[0034] The gym **158** can structure a personal exercise/workout program for participants. Particular ones of these workouts, such as walking and/or jogging, can be performed by the participants alone. Other exercises can require a membership with a physical gym or fitness club. The gym and/or fitness club can be electronically provided with participant exercise details. That is, details for the participant can be constructed by the gym **158** and transferred to the physical gym of which the participant is a member. Thereafter, personal trainers can be assigned to assure that participants are properly following the assigned routines.

[0035] In one embodiment, different physiological monitors can also be used to monitor a participant's performance in the gym **158**. For example, heart monitors attached to an exercise bike can be communicatively linked to system **100** to assure gym **158** assignments are carried out. These physiological monitors can be communicatively linked to the gym **158** via a communication link, such as an Internet connection.

[0036] The library **160** can contain inspirational writings, stories, poetry, and literature that are available to the participant upon request. Books available via the library **160** can be integral to homework assignments and tests assigned throughout the program. In addition to being used for assignments, participants can be encouraged to periodically browse the library to develop a healthier attitude towards themselves, fitness, and others that will aid them throughout the program. Library **160** books can be physical books transported to the participant upon request, electronic books made accessible to the participants, and/or suggested books that participants can purchase or acquire locally though bookstores and libraries.

[0037] It should be noted that the system **100** can execute within a suitable operating system and one or more appli-